2023 ILLINOIS YMCA SWIMMING
LONG COURSE CHAMPIONSHIP
BONUS CUTS

GIRLS			8 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:51.89	00:57.91	00:58.97	50 Free	00:53.29	00:59.48	01:01.25
01:47.69	02:00.19	02:02.37	100 Free	01:49.19	02:01.86	02:05.51
04:15.69	04:45.37	04:48.92	200 Free	04:21.89	04:52.29	04:57.60
00:56.09	01:02.60	01:03.74	50 Back	00:57.19	01:03.83	01:05.74
01:03.89	01:11.31	01:12.60	50 Breast	01:07.79	01:15.66	01:17.92
00:56.19	01:02.71	01:03.85	50 Fly	01:00.39	01:07.40	01:09.41
04:50.89	05:24.65	05:30.56	200 IM	05:07.09	05:42.73	05:55.02
GIRLS			10 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:39.79	00:44.41	00:45.22	50 Free	00:40.39	00:45.08	00:46.43
01:29.79	01:40.21	01:42.03	100 Free	01:30.99	01:41.55	01:44.59
03:33.09	03:57.82	04:00.78	200 Free	03:38.19	04:03.52	04:07.94
00:46.69	00:52.11	00:53.06	50 Back	00:47.69	00:53.23	00:54.82
00:53.19	00:59.36	01:00.44	50 Breast	00:56.39	01:02.94	01:04.82
00:46.89	00:52.33	00:53.28	50 Fly	00:50.39	00:56.24	00:57.92
04:02.39	04:30.52	04:35.44	200 IM	04:15.99	04:45.70	04:55.94
N/A	N/A	N/A	200 Free Relay	N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay	N/A	N/A	N/A
GIRLS			12 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:34.19	00:38.16	00:38.85	50 Free	00:34.89	00:38.94	00:40.10
01:16.29	01:25.15	01:26.69	100 Free	01:18.19	01:27.27	01:29.87
02:50.09	03:09.83	03:12.19	200 Free	02:56.79	03:17.31	03:22.05
08:00.69	07:00.55	07:09.19	500/400 Free	08:11.09	07:09.65	07:24.43
00:40.69	00:45.41	00:46.24	50 Back	00:42.49	00:47.42	00:48.84
01:28.99	01:39.32	01:40.55	100 Back	01:33.09	01:43.90	01:47.00
00:46.89	00:52.33	00:53.28	50 Breast	00:47.59	00:53.11	00:54.70
01:43.39	01:55.39	01:58.84	100 Breast	01:45.89	01:58.18	02:02.42
00:38.99	00:43.52	00:44.31	50 Fly	00:41.09	00:45.86	00:47.23
01:34.99	01:46.02	01:46.73	100 Fly	01:39.89	01:51.48	01:52.87
03:12.89	03:35.28	03:39.19	200 IM	03:19.99	03:43.20	03:51.20
N/A	N/A	N/A	200 Free Relay	N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay	N/A	N/A	N/A
GIRLS			14 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:32.29	00:36.04	00:36.69	50 Free	00:30.59	00:34.14	00:35.16
01:10.09	01:18.23	01:19.65	100 Free	01:05.39	01:12.98	01:15.16
02:36.89	02:55.10	02:57.28	200 Free	02:32.29	02:49.97	02:54.05
07:11.59	06:17.59	06:25.35	500/400 Free	07:14.69	06:20.31	06:28.12
01:22.49	01:32.06	01:33.21	100 Back	01:19.99	01:29.27	01:31.94
01:35.29	01:46.35	01:49.53	100 Breast	01:32.19	01:42.89	01:46.58
01:12.29	01:20.68	01:21.22	100 Fly	01:20.69	01:30.06	01:31.18
02:58.69	03:19.43	03:23.06	200 IM	02:53.39	03:13.52	03:20.45
N/A	N/A	N/A	200 Free Relay	N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay	N/A	N/A	N/A
GIRLS			21 & Under	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
00:30.69	00:34.25	00:34.88	50 Free	00:27.19	00:30.35	00:31.25
01:06.79	01:14.54	01:15.90	100 Free	00:59.29	01:06.17	01:08.15
02:27.19	02:44.27	02:46.32	200 Free	02:13.29	02:28.76	02:32.33
06:46.19	05:55.37	06:02.67	500/400 Free	06:21.29	05:33.59	05:45.06
25:27.99	25:23.42	25:51.26	1650/1500 Free	24:50.79	24:46.33	25:29.02
01:17.09	01:26.04	01:27.11	100 Back	01:09.09	01:17.11	01:19.41
02:48.59	03:08.16	03:10.50	200 Back	02:36.29	02:54.43	02:59.64
01:29.99	01:40.44	01:43.44	100 Breast	01:18.89	01:28.05	01:31.20
03:12.79	03:35.17	03:39.08	200 Breast	02:58.39	03:19.10	03:26.23
01:17.19	01:26.15	01:26.73	100 Fly	01:07.19	01:14.99	01:15.92
03:01.89	03:23.00	03:24.37	200 Fly	02:52.39	03:12.40	03:15.90
02:50.59	03:10.39	03:13.85	200 IM	02:31.09	02:48.63	02:54.67
06:09.49	06:52.38	06:57.50	400 IM	05:53.99	06:35.08	06:46.89
N/A	N/A	N/A	200 Free Relay	N/A	N/A	N/A
N/A	N/A	N/A	400 Free Relay	N/A	N/A	N/A
N/A	N/A	N/A	200 Medley Relay	N/A	N/A	N/A
N/A	N/A	N/A	400 Medley Relay	N/A	N/A	N/A

QUALIFYING PERIOD IS JULY 1, 2022 THROUGH THE ENTRY DEADLINE